Ashmead Combined School

"Ashmead gives its children two everlasting things… one is roots, the other wings"

Head Teacher Michael Pearse

12th October 2026

Allergy Awareness Reminder

Dear Parents and Carers,

The safety and wellbeing of our pupils, staff and wider school community is our utmost priority. We are writing to remind all families of the importance of allergy awareness and the role we all play in helping to keep everyone safe.

We have a growing number of pupils and staff with food allergies, some of which can cause severe or potentially life-threatening reactions. It is therefore essential that we work together to minimise the risks and ensure that everyone understands the importance of following our school's allergy procedures.

Allergy Awareness at Ashmead

We ask all parents and carers to be mindful of the food their children bring into school, particularly products containing nuts. Please check food packaging carefully and consider the potential risks to others when preparing packed lunches and snacks.

Our in-house catering teams take allergies seriously, following established procedures to manage allergens and providing information about allergens in the food served. However, we recognise that food brought from home may contain a range of allergens, so continued vigilance and consideration are essential.

Alongside nuts, we encourage all families to familiarise themselves with the 14 major food allergens. Please take the time to consider this when preparing your child's lunch

Recognising and Responding to Allergic Reactions

Our schools have procedures in place to support pupils with allergies, including individual Health Care Plans and allergy action plans where required. All staff have received allergy awareness training and guidance on responding to allergic reactions, including the use of adrenaline auto-injectors in an emergency.

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Insignis Academy Trust

Keeping Medical Information Up to Date

We ask all parents and carers to inform the school of any diagnosed allergies, changes to existing conditions or updated medical advice. We understand that medical information is personal and sensitive; however, having accurate and up-to-date information enables us to put appropriate measures in place to support your child safely.

If you have any concerns or need to update your child's medical details, please contact your school's designated allergy lead, Mrs Cheryl Thompson, who will be happy to help.

Thank you for your continued support, understanding and cooperation. By working together and remaining allergy-aware, we can help create a safer and more inclusive environment for everyone in our school community.

Yours sincerely,

The Ashmead Team